

Playworks Volleyball League

League Handbook

Spring 2012



PLAYWORKS

EDUCATION ENERGIZED

League Philosophy:

The purpose of this league is to provide a safe, fun and supportive environment for girls and boys of all skill levels to learn the game of volleyball. Basic skills, teamwork, and good sporting behavior will be stressed over winning. Good sporting behavior will be required of all coaches, players, referees, team managers, and parents attending the games.

Our goal is to offer fourth and fifth grade girls and boys a safe, fun, positive, and competitive sports experience.

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Welcome to Playworks Volleyball!

Our Vision is to have all people associated with the Playworks volleyball league help to create an environment that inspires and promotes 4th and 5th grade girls and boys to play safe, fun, positive, and cooperative volleyball.

Our League Rules:

RESPECT THE GAME

- Respect all players, coaches, refs, league officials, fans, and equipment
- Keep a positive attitude at all times

PLAY HARD

- Give 100% effort at all times (practices and games)
- Learn basic volleyball skills and rules
- Know that it is O.K. to make mistakes and to always learn from them

HAVE FUN

- Make new friends
- Include sports and physical activity as part of your daily life
- Always leave the gym feeling proud and confident!

Mark Your Calendar!

Week of March 5th: Team meeting and first practice

Saturday, March 10th: Volleyball Extravaganza

4:00-6:30pm @ Emily K Center (904 West Chapel Hill Street Durham, NC 27701)

Week of March 12th: First games!



Rules of Play

At this stage of playing volleyball, not only is it important for players to learn skills, but also for the players to get the feel of a volleyball game. In order to meet both criteria, we have modified some of the basic rules of the game. *The referee will not call every violation.*

Coaches will constantly be reminding players to focus on their own skill-building and good sporting behavior. Players are expected to play hard within the rules of the game. They must keep a positive mental attitude and demonstrate self-control during games and at practices. Negative language, name calling, cursing, aggressive body language and fighting are all grounds for a technical foul. Any physical fight will result in the people involved in the altercation to be removed from the game immediately. *Our expectations for adults are the same.* We need to set a good example for the players with our behavior.

Rules

- The ball *may not* touch the net on a serve
- The ball *may* touch the net during the course of a volley.
- Players *may not* touch the net during play. This will be strictly enforced by the referee for safety.
- The referee has discretion to call a fault if a player randomly touches the net, but does not interfere with play.
- A player can play the ball off the net only during a volley, if another teammate last bumped the ball or within the limits of the three team hits

Lines: Lines are part of the court. If a ball lands on the line, it is *in*.

Serving

- The server will be allowed one fault (missed serve) on their first attempt. A fault which occurs on the second serve will result in the opposing team receiving a side-out (possession of the ball).
- If a player's first attempt is good, they do not receive a fault serve. A player repeats this process each time they return through the rotation to serve again.
- Players must stand behind the service line when serving
- Players may attempt to serve the ball overhand or underhand.
- We have a 5 serve limit per service. Therefore, if a player has scored on 5 consecutive serves, we will congratulate them and give a side-out to the other team.

Technical Fouls

Technical fouls will be given to any player or team who demonstrates any negative sporting behavior (including physical or verbal disrespect towards other players, coaches, referees, or fans). Upon receiving a technical foul, a player will be substituted out for the remainder of the game. The opposing team will gain possession of the ball. If a player receives two technicals in a game, the player will be removed from the game and will sit out the game the following week. We hold our fans to the same standard as our players. Any negative sporting behavior from a fan will result in a technical foul and he/she will be asked to leave the gym. A technical foul on a coach is considered grounds for dismissal.

Rotation

- Teams will have four players on the court during play.
- Players can be set up in a box or diamond formation. Players will rotate clockwise.
- Players can get substituted during a teams serve rotation. Each player must completely rotate through at least once before being subbed out.

The Wall and Ceiling

The ball is not playable if it hits:

- the wall at any time
- the ceiling on a serve
- the ceiling on a volley and crosses to the other side

The ball is playable if it hits the ceiling on a volley and stays on the same side.

Game Time

- **Starting:** We will make effort to start games on time. Teams will be allowed a 10 minute warm-up time starting on the hour. Pre-game announcements will begin immediately after warm-ups. All players should be warmed up and on the bench and starting players should know who they are. Players should arrive at the gym fifteen minutes before their scheduled game time.
- **Format:** In an effort to emphasize the importance of skills building, the score will not be kept. This is not intended to undermine the competitive spirit of the participants; however, as an organization, Playworks feels it is important to create a safe environment for the players. Please recognize this as a developmental volleyball league.



- **Playing Time:** Playing time is not based on skill level. It should be distributed equally among all the players throughout the season.
- **Match Time:** Matches will consist of 3 games that run for 10 minutes, with 2 minutes between games (depending on time allowed). The clock will stop only for violations and injuries.
- **Clean Up:** *Absolutely no food or drinks* (other than water) are allowed inside the gym. Please let your players know this and help us to enforce this rule. Also, make sure players leave the gym with all of their belongings. After the last game each night, we will ask everyone to help fold and put away chairs or benches
- **After the Game:** All players must line up and shake hands with the other team at the end of each game. If any player refuses, they will not play in their next game.



Volleyball Vocabulary

- **Bumping/Passing:** When a player uses their arms in a straight locked position to either pass the ball to a teammate or hit the ball over the net
- **Setting:** When a player uses their hands to push the ball upwards in an effort to pass the ball to a teammate for a spike
- **Spiking:** When a player strikes the ball over the net with one arm after a set from a teammate.
- **Blocking:** When a player at the net jumps and holds both hands directly straight in the air in an effort to keep the ball from passing over the net.
- **Fault:** When a player commits an action that is against the rules (i.e. catching the ball, one player hitting the ball two times in a row, a team hitting the ball four times on one side).
- **Side-Out:** When a fault is committed by the serving team, the opposite team receives service of the ball, but no point is awarded.

The Playworks Commitment: We pride ourselves on running a fair and impartial league and one with a fun and positive feel. If you have any comments, questions, or concerns, **please give Playworks Durham a call at: 919-480-8132.**

Playworks Volleyball League

Focus Skills for Each Week:

Each week, there will be a focus on a new topic so that the players continue to grow both in their individual and team skills, but also in their awareness and understanding of the game.

Game 1

- Boundaries: sidelines, baseline, color of line.
- Three touches per side to get the ball over the net
- Serving: two attempts for each player's first serve, limit of five serves
- Rotation: different positions on the court as well as entering/leaving the court
- Net: No touching the net, the ball gets rolled under the net to the server

Game 2

- Underhand Serving

Game 3

- Bumping

Game 4

- Setting & intro to overhand serve

Game 5

- Shuffling feet: Players will attempt to move their feet quickly so that their bodies are underneath the ball *before* making contact with the ball.

Game 6

- Intro to spiking & review of all previous weeks

